

1. TITLE OF THE THESIS

Jump training in volleyball in young-age categories

2. ABSTRACT AND KEY WORDS

The problem statement: The requirements for the jump height, i.e. the level of explosive force of legs in the vertical direction, are great in volleyball. Therefore, it is necessary to develop this movement ability already in young-age categories that are best disposed for it and where the highest efficiency increase may be expected. To stimulate them properly, various means may be applied; however, at the same time many principles of young sportsmen training must be respected.

The aim of the thesis: The aim of this thesis is to focus on the issue of jump development in young-age categories. Moreover, we would like to present various options of particular means and methods in current training of these categories. Finally, we would like to offer other options which may be used for the development of this movement skill in volleyball.

Methods: The theoretical information about the explosive force and its training will firstly be obtained by studying Czech as well as foreign literature dealing with this issue and, secondly, by consultations given by the expert on volleyball players' condition training. The data representing the distribution of particular methods in Czech young-age category volleyball will be collected by means of questionnaires and consultations with some Czech coaches.

Key words: Jump, volleyball, training, young-age categories, explosive force, development methods